

# BULLETIN

## CHILD WELFARE LEAGUE OF AMERICA

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*"How to live?—that is the essential question for us. Not how to live in the mere material sense only, but in the widest sense. The general problem which comprehends every special problem is—the right ruling of conduct in all directions under all circumstances. In what way to treat the body; in what way to treat the mind; in what way to manage our affairs; in what way to bring up a family; in what way to behave as a citizen; in what way to utilize all those sources of happiness which nature supplies—how to use all of our faculties to the greatest advantage of ourselves and others; how to live completely? And this, being the great thing needful for us to learn, is, by consequence, the great thing which education has to teach. To prepare us for complete living is the function which education has to discharge; and the only rational mode of judging of any educational course is to judge in what degree it discharges this function."*—HERBERT SPENCER.

### TO MEMBERS:

#### CHRISTMAS CONFERENCE OF CHILDREN'S WORKERS

New York City, December 26 and 27, 1922

**T**HIS year's session will be held under the auspices of the League, in Room C, 10th Floor of the New York School of Social Work, 105 E. 22d Street, beginning Tuesday, December 26th, at 2.30.

The programme is as follows, and the following persons have been asked to lead in the discussion:

Tuesday, December 26th.

2.30 P. M.—Opening remarks by Miss Curry, President of the League.

Presiding officer, Mr. J. Prentice Murphy, Philadelphia.

2.45 P. M.—The importance of medical work in the foster care of children.

Discussion led by Dr. Horace M. Jenks, Philadelphia.

4.15 to 5.30—Extension of the use of boarding homes. Discussion led by Miss Mary E. Boretz, New York.

6.45—Conference Dinner.

Presiding officer, George L. Jones, Baltimore.

The lowest terms in a modern programme dealing with illegitimacy.

Discussion led by Rev. Robert F. Keegan, New York.

Wednesday, December 27th.

9.30 A. M.—Presiding officer, Douglas P. Falconer, Buffalo.

What shall we advise a community to do for detention service?

Discussion led by Charles H. Warner, Brooklyn.

11 to 12.30—Presiding officer, Dr. Ellen C. Potter, Harrisburg.

Revision of our nomenclature.

Discussion led by Miss Georgia G. Ralph, New York.

2.30 to 4.30—Presiding officer, Homer Folks, New York.

State Charities Aid Association study of placed-out children—preliminary report.

Miss Sophie Van Senden Theis, New York.

*Reservations for the dinner meeting at the Aldine Club, 200 Fifth Avenue, on December 26th, should reach this office not later than Saturday, December 23d. Return postal card is herewith enclosed.*

All social workers interested in the improvement of professional standards of child-care are invited to come and take part.

### AN AUTOMATIC ADOPTION

Self-sacrifice and devotion are not dead. The following story is copied from a recent Cleveland paper, and reads like fiction:

"For some days in that late Alaskan summer twenty odd years ago a snowstorm had raged. Along with the snow came biting winds from the north and the mercury dropped precipitately. In a solitary cabin near Chil-koot Pass, 150 miles from Dawson, that gateway to the cold, bleak country, a fur trapper browsed in a few books that he had carried 'in' and waited for the storm to abate that he might venture forth to care for his traps. After many days the fury of the storm lashed itself out, and the trapper left his cabin warmth.

"Not many yards from his hut he paused. Near the trail, drifted deep with snow, were several snow-clad hummocks of peculiar shape. He paused, brushed the snow aside from one of them, and stood erect, startled. It was a human body. Quickly the trapper plunged into the other three heaps—each proved to be a human body frozen. One was that of a beautiful young woman. All were lightly clad. Not one was wrapped in the furs or skin coats usually carried by travelers who dared the Pass.

"He stooped to examine the fifth hummock. It

proved to be a huge bundle of furs, overcoats, and blankets. Apparently the entire warmth-giving clothing of the outfit had been piled there layer on layer, and the trapper wondered why the three men and the woman had chosen death when they had coats and blankets to protect them from the icy winds.

"While he wondered he worked. In the midst of the big bundle he came upon a lively baby boy, warm and snugly and sound asleep. The coverings had been so arranged as to leave a tiny opening for air.

"He picked the baby up with some of his trappings and hurried back to his cabin. There being no milk, a hurried preparation of bear meat broth supplied the infant nourishment when it awoke.

"And thus 'David Schmidt' came into the world—a baby of the Klondike.

"From that day until the young man arrived in Berkeley to enter the engineering department of the University of California, the story is one of devotion and sacrifice on the part of the fur trapper.

"None of the four bodies supplied a clue for identification of the child. The trapper buried them as best he could and then turned to the development of the boy. Through the long years he taught him, versed him in the ways of the wilderness and of the outside world as well. May be a woman could have done these things more efficiently, but no woman could have done them more affectionately.

"Last year, however, the trapper's knowledge ran out. He had taught the youth everything he knew and plans were made for a better education. Dave picked the nearest large institution, the University of California, and so it came that before the winter drifts piled high again the boy sailed away to San Francisco. Now he is earning his way through school by four or five jobs gleaned about the campus."

#### THE SLEEP OF CHILDREN

From the September, 1922, number of "The Child" we quote the following:

"Children grow mostly while sleeping or resting. Do you want your children to grow up stunted?

"SLEEPY CHILDREN DON'T GET ON.

"A large number of children do not get enough sleep. Household arrangements *should be made* so that they do get sufficient.

"It is most important for a growing child, especially when attending school, that it should get ample sleep.

"The bedroom should be light and airy and should be kept well ventilated day and night, and the bed clothing should not be too heavy.

"Keep some part of the bedroom window open all night; children then sleep more soundly, feel more refreshed in the morning, and grow strong and well.

"Many children have been found unable to do justice to their lessons because they have had too little sleep.

"Medical authorities and others agree that school children need the following amount of sleep:

At 4 years old . . . . .	12 hours.
5 to 7 years old . . . . .	11 to 12 hours.
8 to 11 years old . . . . .	10 to 11 hours.
12 to 14 years old . . . . .	9 to 10 hours.

"In summer-time, as well as in winter, children should be *ordered* to bed regularly *by the clock*—not later than 8 or 9 o'clock for the older school children. If they are allowed to stay up and play about or read until dusk in summer-time, they lose an hour's sleep, are sleepy all next day, and cannot fully benefit by their schooling."

#### THE SCHICK TEST IN MASSACHUSETTS

Dr. Benjamin White, of the Massachusetts State Antitoxin and Vaccine Laboratory, sends us the following information regarding the use of the Schick test:

"It was first introduced in 1914 into the State Industrial School for Boys at Shirley. Since that time its use and the use of diphtheria toxin—antitoxin for active immunization against diphtheria has been adopted in many State institutions, in hospitals, orphanages and schools, as well as by a large number of practising physicians.

"For the past two years the State Department of Public Health has conducted an active diphtheria prevention campaign and has given demonstrations of the test and of the method of immunization in about forty-five towns. This has resulted in the establishment of diphtheria prevention clinics by local boards of health or by school authorities in about thirty-five towns and cities. In the city of Boston alone approximately 16,000 children have been given the Schick test, and over 12,000 have received the toxin-antitoxin injections, and in the State about 75,000 persons have had the Schick test, and about 30,000 have received the toxin-antitoxin injections.

"The noteworthy features of this campaign are that no harmful results have followed any tests or the injections of toxin-antitoxin, and, so far as can be ascertained, not a death from diphtheria has occurred among individuals showing a negative Schick test or among those who have been immunized with the toxin-antitoxin mixture. Every death from diphtheria in the state of Massachusetts has occurred in individuals who either were found positive to the Schick test or who were not immunized."

The following quotation is from Charles D. Stewart's new novel, entitled "Valley Waters," which is concerned with a boy who was kidnapped at the age of five and at twenty-one makes an unalterable resolution that he must find his mother.

"In a world which has parents, and frequently alludes to them, a boy without such relatives soon learns to steer clear of the subject. It sets him down as being different from the rest of the human family. So it was with him. Because of a lifelong habit of avoiding the subject of parents, he had given her no inkling of the inner experience which was bringing up these unusual inquiries. And then, when Miss Alvord mentioned his mother, taking it for granted that he had one, it made him more secretive.

"What had Miss Alvord to do with this missing part of him? With her? A man's mother is, indeed, a part of him. She is a necessary member of any man's life and being; he had found that out quite unmistakably.

And so he concealed the fact that he had no mother quite as he might conceal a deformity or shield a missing hand from the gaze of curious eyes."

### VITAMINS

Dr. L. Emmett Holt, a noted pediatrician, has written an article entitled, "The Practical Application of the Results of Vitamin Studies," from which we give the following:

"The study of vitamins has taught us several important things regarding the nutrition of children.

"Children should eat a variety of food, and special dangers may follow the habitual use of a very restricted diet.

"Milk is the one indispensable food for children. The diet during the entire growth period should include, if possible, whole milk, or if skimmed milk is used, it should be supplemented by butter. Of the butter substitutes, those which contain beef fat, mutton fat, and peanut oil are better than those in which other vegetable oils or lard are important constituents.

"A diet which includes no milk whatever should contain ample amounts of the green or leafy vegetables.

"Cereals, particularly those from whole grains, and potato are important and adequate sources of vitamin B.

"Fruits have other uses than as laxatives and as sources of mineral salts; they should form a regular part of the diet. When fresh fruits are not available, dried fruits may be given; but they are distinctly inferior to canned tomatoes as sources of the antiscorbutic vitamin.

"Cabbage is such a rich source of all the vitamins that it should form a larger part of the diet than is usually the case, especially since it is cheap, and in winter often almost the only green vegetable available."

### CHILD WELFARE NEWS

On October 25, 1922, the Treaty between Canada and the United States, permitting the extradition of deserters or wilful non-supporters of dependent, minor children came into force.

The initial number of the "Vocational Educational Magazine" was issued in September, 1922, by the National Society for Vocational Education. Its editor is Dr. David Snedden, of Teachers College, New York, and it is published by the J. B. Lippincott Company, Philadelphia.

A Bill for a national system of Juvenile Courts was presented to the German Reichstag early in October. The underlying principle of the Bill is the same as that of the American courts, namely, the prevention and treatment of juvenile delinquency through proper training and care. Children taken into custody must be detained separately from adult prisoners. The judge shall be assisted by two or three persons chosen for their

knowledge of child welfare problems. The sessions of the Court must not be open to the public.

### ENCLOSURES

The enclosures this month are again from the State Charities Aid Association of New York. They consist of two pamphlets that were published on the occasion of their Fiftieth Anniversary.

Is the League on your mailing list for all your financial and other publications? We suspect not. Please include us at once.

### LIBRARY LIST NUMBER 15

#### BOOKS

1. Gruenberg, Benjamin C., Editor. *High Schools and Sex Education*. 1922.  
This manual of suggestions on education related to sex was prepared under the direction of the Surgeon-General of the United States Public Health Service, in collaboration with the United States Bureau of Education. It is published by the United States Public Health Service of the Treasury Department. Many prominent educators have contributed to the manual. It is very valuable.
2. Robinson, James Harvey. *The Mind in the Making*. 1921.  
No book published in recent years has provoked as much favorable comment as this. The subtitle of the book is "The Relation of Intelligence to Social Reform." It is a book which social workers should own and read every year for at least once for the next few years.
3. Smith, Richard M., M.D. *The Baby's First Two Years*. 1915.  
A brief and practical discussion of the subject by a specialist in baby care. Part II, "Suggestions to Mothers," is written by Mrs. Henry Copley Greene.
4. Southard, Ernest E., and Jarrett, Mary. *The Kingdom of Evils*. 1922.  
This is a case book of 100 psychiatric problems studied by the late Dr. Southard during his years as pathologist and Director of the Boston Psychopathic Hospital. The study was almost completed at the time of Dr. Southard's death. Miss Jarrett's contribution in collating and editing the material is valuable, as well as the introduction by Dr. Richard Cabot, and the chapter on "Legal Phases of the Subject," by Dean Roscoe Pound.
5. Watson, Frank Dekker. *The Charity Organization Movement in the United States*. 1922.  
This movement began in the United States in Buffalo in 1877 and has had a great influence upon the development of social work in this country. Dr. Watson has studied pamphlet and other literature on the subject and has had the help of such leaders as Miss Mary E. Richmond, Miss Zilpha D. Smith, Mrs. John M. Glenn, Dr. Edward T. Devine, Mr. Alexander Johnson, Mr. Francis H. McLean, and Mr. Porter R. Lee.



## PAMPHLETS

1. Case Study Possibilities. By Ada Eliot Sheffield, Director of the Research Bureau on Social Case Work, 400 Boylston Street, Boston.  
The pamphlet contains an article published in the Survey, "Clue Aspects in Social Case Work," and chapters on "Public Agencies as Public Carriers of Ideas," "A Few Functions of Private Agencies," and "Social Case Interpretation for Research."
2. Chicago Juvenile Court, The. By Helen Rankin Jeter.  
This is Publication No. 104 of the Children's Bureau. It contains a brief history of the origin and development of the Cook County Juvenile Court, which is a large part of the history of that movement in the United States. It also deals with the organization of the Court, its procedure, its detention service, subsequent relationship of the court to the child and to all institutions, and with co-operation with other agencies.
3. Detention Houses and Reformatories as Protective Social Agencies.  
This is a report made by Mary Macey Dietzler on certain detention houses and reformatories that received assistance from the United States government during the war. It is published by the United States government at the request of the Interdepartmental Social Hygiene Board.
4. Handbook of Social Service Resources of Cincinnati and Hamilton County.  
This was compiled by Mrs. Irene Farnham Conrad and published by the Helen S. Trounstone Foundation.
5. Health Education and the Preparation of Teachers.  
This is a report of a conference called by the United States Bureau of Education and the Child Health Organization of America in the summer of 1922.
6. Motion Picture Problem, The. By Rev. Charles N. Lathrop, Executive Secretary of the Department of Christian Social Service of the Protestant Episcopal Church.  
This contains a discussion of standards of the movement for better pictures and of their control. In an appendix it gives three practical types of legislation now in operation.
7. Nursery School Experiment, A. By Miss Harriet M. Johnson and Miss Carmen S. Reuben.  
Miss Johnson gives the descriptive report, which is beautifully illustrated, and Miss Reuben has written the section on music as it relates to the nursery school.  
Social workers for children, interested in the care of the pre-school child, should read this report.
8. School Health Program, A. By Grace T. Hallock.  
This is one of the pamphlets of the Child Health Organization of America, published especially for Parent-Teacher Associations and Women's Clubs. It is concrete, well illustrated, as usual, and very readable.

## 9. Unofficial Treatment of Pre-Delinquent Children, The.

This is a report of the Juvenile Courts Committee to the National Probation Association, made in 1922 by its Chairman, Prof. Thomas P. Eliot. The unofficial work of the court is so extensive in certain cities that its study and standardization are of the greatest importance to Juvenile Court work.

## 10. What Becomes of the Unmarried Mother? By Dr. Alberta S. B. Guibord, Psychiatrist to the Church Home Society of Boston; and Miss Ida R. Parker, Associate Director Research Bureau on Social Case Work.

This is a study of eighty-two cases of illegitimacy coming to the attention of the various social agencies of Boston. The study is divided into a consideration of initial study and follow-up. The latter is divided into treatment and subsequent history. It is almost the only study of systematic follow-up that has yet become available and should be of great value, not only for the light it throws upon the problem of illegitimacy but also because it points the way to further work along this line.

## 11. Working Children of Boston, The. By Dr. Helen Sumner Woodbury.

This is Publication No. 89 of the Children's Bureau. It is a study of child labor under the modern system of legal regulation. "The findings of this study point to the fact that, whether in Boston or any other similar commercial and manufacturing city, both the child and the community have more to lose than to gain by a policy which permits children to go to work when less than 16 years of age."

## MAGAZINES

1. Child Life. This is a new magazine published by Rand McNally and Company. It has been added to the library of the League and is available for League members. It is without exception the most beautifully illustrated children's magazine we have seen.
2. Journal of Social Forces, The.  
Volume I, No. 1, of this magazine has just appeared. It is published bi-monthly by the University of North Carolina, Chapel Hill. Dr. Howard W. Odum is the editor. Its interest is not provincial, either geographically or socially.

## CHANGES FOR DIRECTORY

MICHIGAN.—Michigan Children's Aid Society has moved its State headquarters to Lansing. New address: 225 S. Capitol Avenue. Branch office changes will be included in the new Directory.

MINNESOTA.—Children's Protective Society of Hennepin County has moved to 404 S. 8th Street, Minneapolis.

NEW YORK.—The Brooklyn Juvenile Probation Association has moved its office to 4-5 Court Square.

OHIO.—The Children's Bureau of Cleveland has moved its offices to 712 Electric Building.

C. C. CARSTENS, *Director*.

